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BOSTON
Monday, March 11, 2013

IS BOSTON MAKING US UGLY?

Expert says dramatic temperature shifts, stress may be causing Hub women to age faster than those in other regions More Bostonians turn to plastic surgery {page 02}

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Do you really need a degree?

- Education exists outside of a classroom, new book asserts
- Some chefs agree {pages 08, 20}

the word

Show us some poison Ivy

- 'Smash' star Megan Hilty is more predictable than her television alter ego {page 09}

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1

In the news

19K

The International Boston Seafood Show, North America's largest seafood exhibition, is set to start at 1 p.m. today at the Boston Convention and Exhibition Center. The annual event attracts roughly 19,000 seafood buyers and sellers from across the globe. Mayor Thomas Menino and former talk show host Regis Philbin are expected to attend.

Clarification

On Feb. 26, 2013, Metro ran a story about the government of Iceland attempting to ban hard-core online pornography, with the focus of the article being on "extreme" porn. The story was illustrated with a Getty photograph of model and Internet entrepreneur Danni Ashe. Ms. Ashe is not associated with extreme pornography. METRO

News in brief

NICOLAUS CZARNECKI/METRO

One man dead, another injured in Dorchester shooting

BOSTON. A shooting at Dorchester intersection left one man dead and another with serious injuries, according to Boston Police.

Shots were reported around 6:30 p.m. Saturday on Columbia Road between Washington and Hancock streets, where two men were found lying in the street with gunshot wounds, police said.

A man in his mid-20s died at the scene. The other man was taken to Boston Medical Center with gunshot wounds to his chest and arm.

No further information was released. METRO

BPD warns 'look both ways' after pedestrians hit

BOSTON. Two women and a man were hurt after they were hit by a car on Dorchester Avenue around 12:30 a.m. yesterday.

The driver told police the accident was unavoidable because the trio walked into traffic.

Boston Police put out a statement yesterday warning pedestrians to "look both ways before crossing the street."

The victims were taken to the hospital with non-life threatening issues, police said. No citations were issued. METRO

New York man struck, killed by MBTA train

BOSTON. A 25-year-old New York man was killed Saturday when he allegedly trespassed on the Red Line tracks at South Station, according to Transit Police.

The man, who was not identified, was killed around 12:30 a.m. when he "walked into the pit area and was struck by an inbound Red Line train," police said.

The man was pronounced dead at the scene. METRO

Boston gals: Act your age, but try to look younger

BU professor and plastic surgeon dishes on why local women should pay more attention to their faces

Boston-area women let out a collective "humph" when Ted, the vulgar yet lovable star of Seth MacFarlane's locally filmed movie, referred to them as "on the whole, a paler, uglier sort than women from the elsewhere's of life."

But the tactless teddy bear raises a good question: Do Boston women look worse than women from other regions?

Tremendous temperature shifts and stressful routines may be causing Boston women to "age faster," according to a local plastic surgeon and Boston University professor Dr. Jeffrey Spiegel.

"Women in Boston have got all the risks," said Spiegel, a board certified facial plastic surgeon. "We're in a pretty harsh environment. The sun is strong in the summer and the winters are bitterly cold."

According to Spiegel, New England women often neglect wearing sunscreen year-round — a big skin care no-no.

"The sun is out there all the time. People forget that the snow is a beautiful reflector of sunlight. Sunscreen isn't just meant for the Cape," he said.

Stress is another major reason why Boston women may not look as fresh-faced as women in other parts of the country.

"The women here are go-getters, strivers, innovators. This is a city where everyone is talking about their start-up, about moving ahead. All those things eventually show in your face," he said.

While Boston isn't exactly notorious for nipped-and-tucked women, Spiegel said that more and more women here are getting comfortable with the idea of plastic surgery.

"There is less of a negative perception about things like Botox and fillers. ... There are new types of treatments that help you build your own collagen and actually prevent lines and wrinkles," he said, adding that women here should start getting cosmetic dermatology treatments as early as their 20s.

"The better you look, the more highly people are going to consider you when they see you. There is a link between looking good, feeling good and being seen as a high achiever," he said.

Boston blogger and 20-something who goes by the name "Hell On Heels Girl" said that while she has nothing against putting effort into her appearance, she'd rather not spend her money on injections.

"I'm all about skin care. No matter how tired you may be, get up, wash the day off your face and put some lotion on before you go to bed. As a 20-something myself, it's the little things like that which count now," she said.

"No need to spend money on unnecessary and totally preventable things like plastic surgery when I could be spending them on a fabulous European vacation, new house or Jimmy Choos."

Morgan Rousseau
morgan.rousseau@metro.us

Quoted

"In cities like L.A., people certainly consider looking good to be a priority. Women here are high achievers. They're CEOs of tech start-ups. They're important, powerful women — or they're on their way up"
SPIEGEL, ON BOSTON WOMEN

GETTY IMAGES

▶ Was Ted right? Are Boston women "a paler, uglier sort"?

Cost of treatments

Average cost of cosmetic dermatology treatments in Boston:

- **Botox:** $300-$860 every 3-4 months
- **Restylane/Juvederm:** $430-$530 every 6-9 months
- **Dysport:** $250-$400 every 3-4 months.

—Source: Skintour.com

▶ Dr. Spiegel says women as young as their 20s should get cosmetic treatments.

25

Travel and Leisure ranks Boston as No. 25 on a list of the 35 most attractive U.S. cities. But that's not all on the women — it includes men as well.

Rio attractive

The city with the most attractive women, according to Askmen.com, is Rio De Janeiro, where the beaches are "swarming with beautiful, busty women in dental-floss bikinis."

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SIMONE JOYNER/WIREIMAGE

▶ There is no word yet on when Rihanna will reschedule the Boston show.

Rihanna cancels Boston concert due to laryngitis

BOSTON. Pop singer Rihanna let down thousands of Boston-area fans yesterday when she canceled last night's concert at the TD Garden.

Live Nation announced yesterday morning that the 25-year-old singer came down with laryngitis following a concert Friday in Buffalo, N.Y.

A spokesman told The Daily News, "Unfortunately, following her sold out concert on Friday, Rihanna has contracted laryngitis and, per doctor's instruction, is unable to perform this evening."

The Diamonds World Tour singer has a show set for Tuesday in Baltimore which is expected to go on as planned.

TD Garden ticket-holders were told to hang on to their tickets until the show is rescheduled. METRO

Quoted

"This is the hardest thing for me to deal with! I feel like we've been waiting on this day forever, and I'm hurt that I let you down. ... I hate disappointing people that never ever let me down!! I'm so embarrassed about this! Thank you for your prayers and well wishes!"

RIHANNA (@RIHANNA) TWEETED AROUND 1 P.M. YESTERDAY

Harvard allegedly snooped through deans' e-mails for cheating scandal media leak

NICOLAUS CZARNECKI/METRO

▶ Administrators were within their rights to view the e-mails, according to the school's e-mail privacy policy for faculty.

Administrators at Harvard University secretly searched the e-mail accounts of resident deans last fall to find out who told the media about the school's cheating scandal, the Boston Globe reported Saturday.

In September, 125 students were suspected of allegedly sharing exam answers and wrongfully working together on essays.

According to the Globe, 16 deans were not told ahead of time that administrators were planning to check their e-mails, and only one dean was informed afterward that his e-mail had been searched.

The university has a right to peep at deans' e-mails because they are not considered teaching staff, according to the report; however, that did not necessarily deter some from becoming angry at the school for failing to notify them of the searches.

In an interview with the Globe, Harry Lewis, a computer scientist and former dean of the college who helped draft its current e-mail privacy policy for faculty questioned the way the school handled the situation.

"If reading the deans' e-mail is really OK by the book, why didn't they just ask the deans who leaked the memo, threatening to read their e-mail if no one came forward," Lewis asked. "Why not tell them what was being done if it was really an OK thing to do?"

According to the report, the school planned to inform the remaining deans over the weekend, nearly six months after the search. METRO

In the news

MBTA bus driver beaten by teen mob in Dorchester

BOSTON. Transit Police yesterday were searching for a group of roughly 15 teenagers who attacked a 53-year-old MBTA bus driver Saturday as he operated a Route 16 bus.

"We are very fortunate in this case that the operator was able to put the brake on, or the bus could have lurched forward and people could have been injured, including the perpetrators," said Transit Police Superintendent-in-Chief Joseph O'Connor.

It was unclear what prompted the assault, which happened around 1:15 a.m. on Columbia Road near Geneva Avenue.

The young suspects allegedly punched the driver and attempted to drag him through a bus window, O'Connor said.

There was allegedly a dispute between the driver and a female bus passenger shortly before the attack.

"There was a question over fare. She threw her fare card at the driver. While that was happening a group of 15 males got in front of the bus. It's unclear exactly who boarded the bus," O'Connor said, adding that there doesn't appear to be a nexus between the woman and the attackers.

The driver was treated by emergency medical workers at the scene, then taken to Boston Medical Center. METRO

NICOLAUS CZARNECKI/METRO

▶ Police are investigating why a group of teens attacked a MBTA bus driver Saturday.

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In the news

GETTY IMAGES

▶ Taliban attacks

Afghanistan President Karzai criticizes US, exposing tension

KABUL. The top U.S. general in Afghanistan expressed dismay yesterday at remarks by President Hamid Karzai, who suggested that Washington benefited from Taliban attacks on his country.

Karzai's remarks, delivered during the first visit by new U.S. Defense Secretary Chuck Hagel, further strained already fraught ties between Karzai and the Western allies who are fighting to protect his government from insurgents. **REUTERS**

Jeb Bush says he is not thinking about presidential bid – yet

WASHINGTON. Former Florida Gov. Jeb Bush appeared on five morning talk shows yesterday to plug his new book on immigration, but he said his heightened visibility does not mean he is re-entering politics or planning a White House run — not yet, anyway.

The talk-show marathon capped a busy week of public appearances for Bush, one of several Republicans seen as potential contenders for the 2016 presidential nomination. Bush said it is too early to seriously ponder a White House bid.

"I've decided to defer any consideration of it until the proper time ... which is out more than a year from now, for sure," Bush said on CNN's "State of the Union" show. "When I go through that process, I'll let you know."

Bush's book tour has sparked a torrent of speculation about his political future. **REUTERS**

Ryan says budget deal possible as he readies his own proposal

The Republicans' point person on fiscal issues in Congress said yesterday that compromise with President Barack Obama is possible on taxes and spending even though his soon-to-be-unveiled budget plan faces certain rejection from Obama's Democrats.

Rep. Paul Ryan, the chairman of the House of Representatives Budget Committee, acknowledged that Democrats who control the Senate are likely to defeat his proposal to repeal Obama's signature healthcare law and other elements of his plan to balance the budget within 10 years.

But Ryan, whose ideas on taxes and spending gained national prominence when he was selected as the Republican vice presidential candidate last year, said Democrats and Republicans might be able to agree on less dramatic steps that would narrow budget deficits in coming years.

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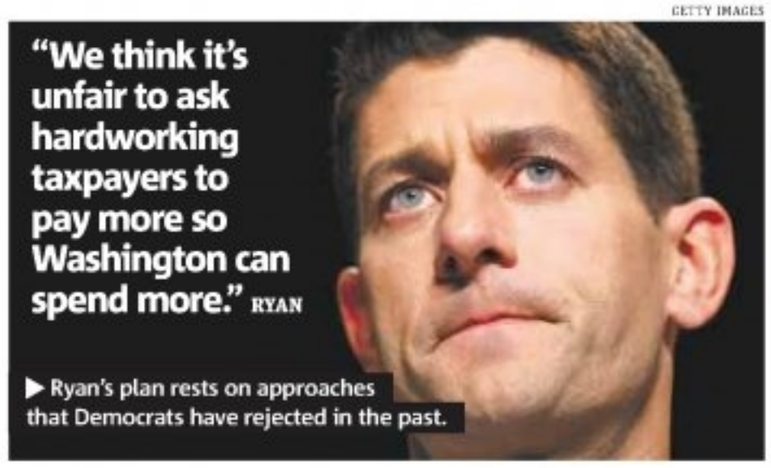

"We think it's unfair to ask hardworking taxpayers to pay more so Washington can spend more." RYAN

▶ Ryan's plan rests on approaches that Democrats have rejected in the past.

"There are things that we can do that don't offend either party's philosophy, that doesn't require someone to surrender their principles, that make a good down payment on getting this debt and deficit under control," Ryan said on "Fox News Sunday."

Ryan had lunch with Obama last week as part of an effort by the president to reach out to Republican lawmakers to resolve a fiscal standoff that has slowed economic growth and generated repeated crises over the past two years.

"This is first time I've ever had a conversation with the president lasting more than, say, two minutes, or a televised exchange," Ryan said of their meeting. **REUTERS**

Similar cuts, different results

Ryan's plan to balance the budget in 10 years is a dramatic change from last year's plan, which also envisioned $5 trillion in cuts but would not have balanced the budget until 2040.

Ryan's budget-balancing efforts are helped by the $620 billion in tax increases on the wealthy that Obama won in a Jan. 1 deal to avert the "fiscal cliff."

But further tax increases are out of the question, he said.

Both Republicans and Democrats want to simplify the tax code to reduce the tax breaks and loopholes that have proliferated since the last comprehensive rewrite in 1986.

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Cardinals pray before conclave to choose new Catholic leader

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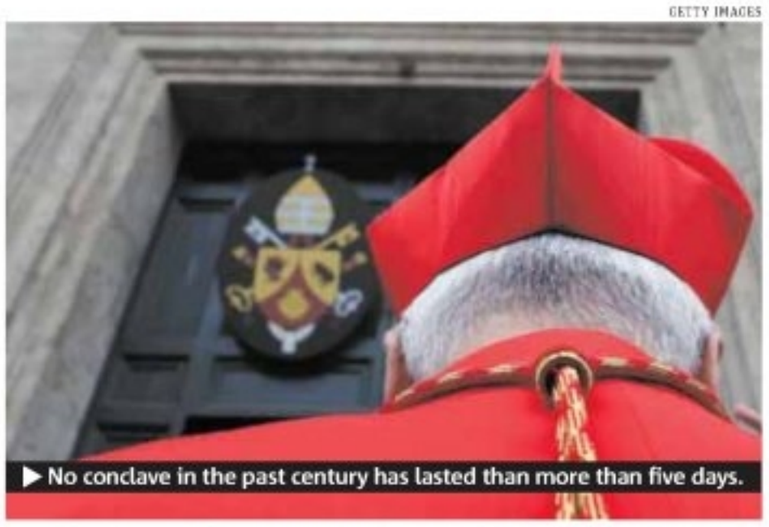


▶ No conclave in the past century has lasted than more than five days.

Roman Catholic cardinals prayed yesterday for spiritual guidance ahead of a closed-door conclave to choose a new pope to lead the church at one of the most difficult periods in its history.

Cardinals will hold a final pre-conclave meeting today to discuss the state of their church, left reeling by the abdication last month of Pope Benedict and struggling to deal with a string of sexual abuse and corruption scandals.

The 115 cardinals who will take part in the secret ballots, which start on March 12, fanned out around Rome yesterday to hold myriad Masses, either in the quiet of private chapels or in the grandeur of Rome's great cathedrals and basilicas.

Each cardinal is traditionally assigned to a church in the Italian capital, and congregations swelled in parishes visited by those considered the most likely papal contenders — such as Cardinal Odilo Pedro Scherer of Sao Paulo, Brazil.

"We're all preparing for the conclave because we need to make the right decision to decide who is going to be the new pope," Scherer told a small Baroque church in the heart of Rome, crammed with well-wishers.

He was later driven away in a minivan with darkened windows, declining to speak to the waiting hoards of reporters — a taste of the pressures to come if he should become the first non-European to be elected pope in some 1,300 years.

Just up the road, another non-European touted as a possible candidate, U.S. Cardinal Sean O'Malley, also received star treatment as he arrived for Mass in ornate vestments.

"I say sincerely that we hope this is your last visit as cardinal," said parish priest father Rocco Visca, prompting loud applause and cheers from the well-heeled congregation. **REUTERS**

115

The 115 cardinal electors under the age of 80 will enter the Sistine Chapel tomorrow afternoon and hold one vote that evening. They will vote up to four times a day thereafter until one of their number receives a two-thirds majority, or 77 votes.

In the news

GETTY IMAGES

▶ Mandela

S. Africa's Nelson Mandela discharged from hospital

JOHANNESBURG. Former South Africa President Nelson Mandela has been discharged from hospital after routine tests and is well, the government said yesterday.

"The doctors have completed the tests. He is well, and, as before, his health remains under the management of the medical team," it said in a statement.

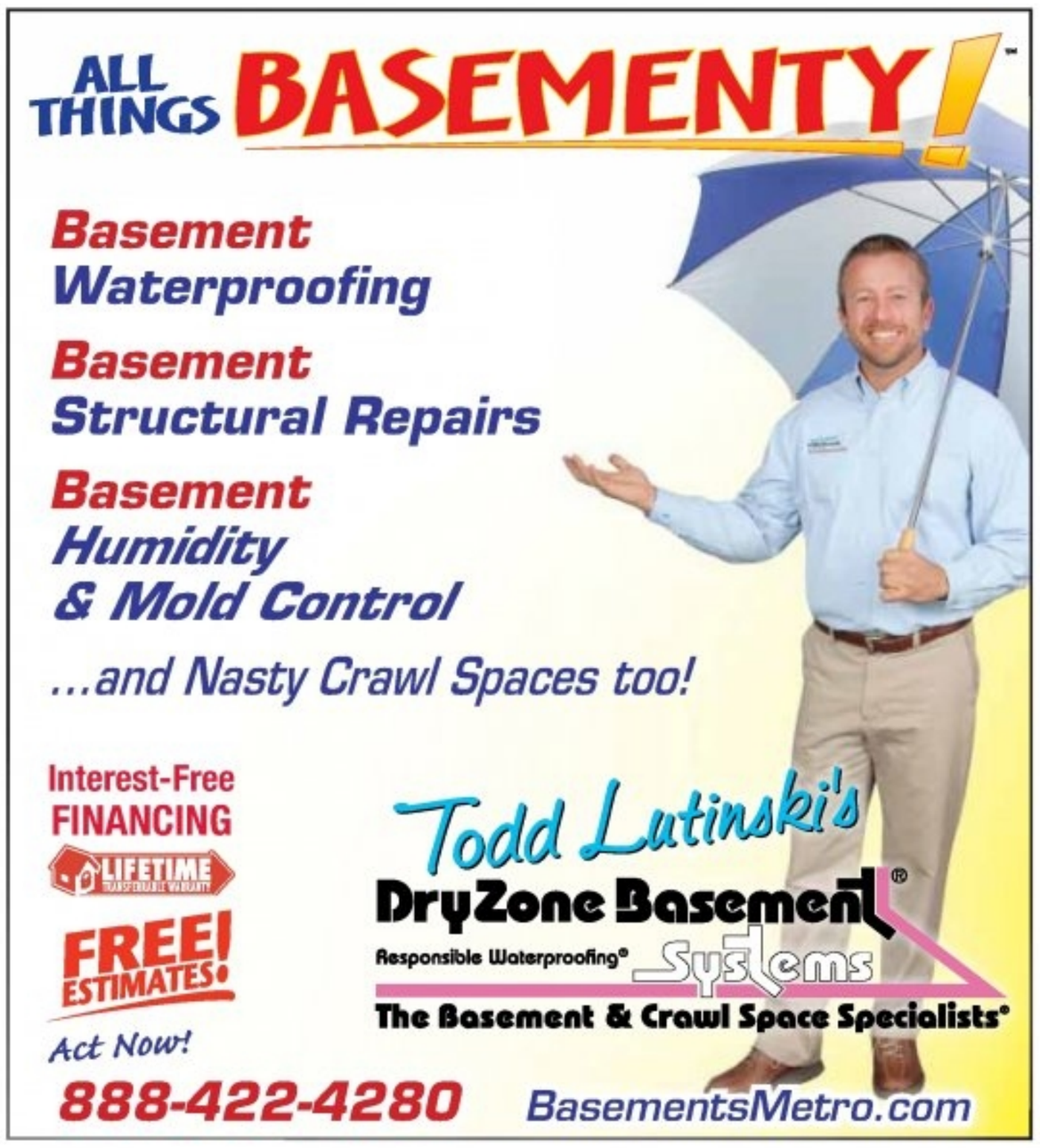
The 94-year-old anti-apartheid leader was admitted to the hospital on Saturday for a scheduled medical checkup. He spent the night in the hospital in the capital, Pretoria, and had returned to his Johannesburg home, the statement said.

A spokesman for President Jacob Zuma said doctors treated Mandela for a preexisting condition consistent with his age. **REUTERS**

Venezuela election race starts, opposition at disadvantage

CARACAS. Venezuela has fired the starting gun in a highly charged election race likely to pit Hugo Chavez's preferred successor, acting President Nicolas Maduro, against centrist opposition leader Henrique Capriles.

The pair have until today to register their candidacy for the April 14 vote, which will determine whether Chavez's self-styled nationalist-socialist revolution will live on in the OPEC nation, home to the world's largest proven oil reserves. **REUTERS**



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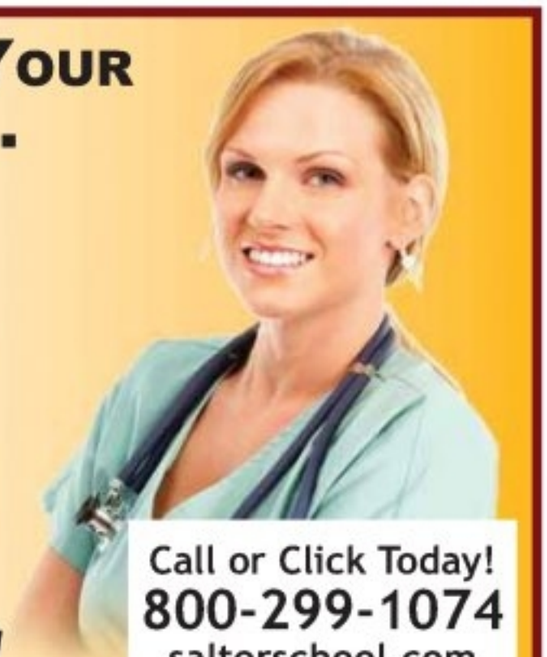

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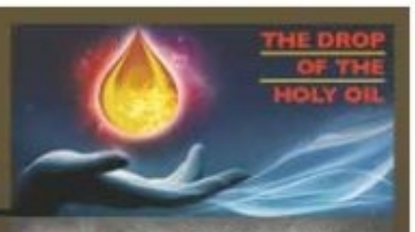

"LEPROSY was attacking my father's body..."

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College? Nah. You can hack it — and see the world, too

In 2011, Hendrix College student Dale J. Stephens started receiving a lot of unexpected press. His website, UnCollege.org, delivered a hypercritical cost-benefit analysis of college at a time when many parents and students were questioning their faith in higher education for the first time.

In one of the many interviews Stephens gave that year, he casually mentioned that he was working on a book. He now admits that he probably should have said "thinking about," rather than "working on" his book, but the quote was published anyway and Stephens was soon approached by curious book agents.

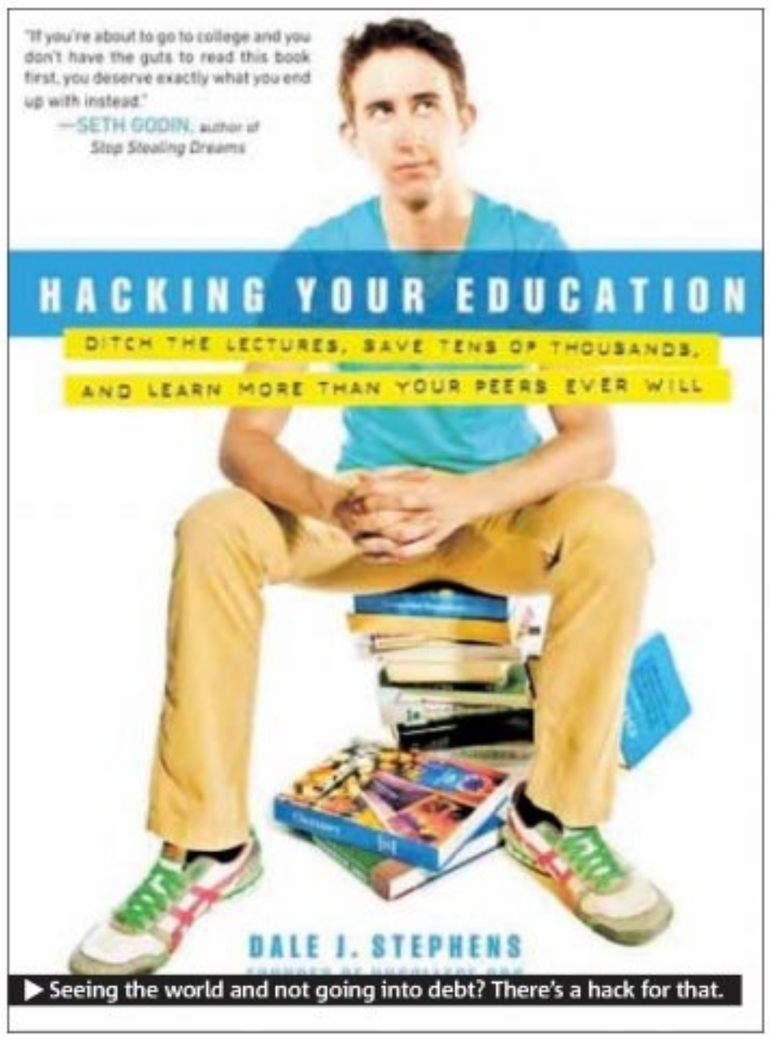
Stephens got around to writing the book, and the result was released last week: "Hacking Your Education: Ditch the Lectures, Save Tens of Thousands, and Learn More Than Your Peers Ever Will."

To be sure, Stephens approaches the issue from a unique perspective. With his family's begrudging support, he left his California public school at 12 and developed his own curriculum right up until he took the ACT and applied to colleges.

"I spent a lot of my time in college wondering, 'If I was able to get into college without going to high school, why is there any reason that I need to go to college to get into life?'" he says. "And why am I paying $40,000 a year for this, when I can figure out how to learn for free?"

This month, the 21-year-old Stephens is crisscrossing the country on a media blitz — From the "Today" show, to Katie Couric, to South by Southwest — preaching a vision of a free, unfiltered, self-generated education.

"It's about taking ownership and realizing that no one is going to give you an education," he says. "If you want to be successful, you're going to have to go out and find it for yourself: live abroad, do internships, research, build your portfolio, feed your networking community. We think that a college is going to give us those things in one nice package, but the reality is that you're going to have to do it on your own whether you're in school or not."



▶ Seeing the world and not going into debt? There's a hack for that.

Bruce Walsh
bruce.walsh@metro.us

Education books

An icon enters the philosophy dept.

Ayn Rand never developed a foothold in the philosophy curriculum at most U.S. colleges. For more than 20 years, a small group of professors nationwide has been pushing to change that. And now the professors have a series of textbooks intended for the college classroom: The University of Pittsburgh Press will publish a

course of books called "The Ayn Rand Society Philosophical Studies."

"Rand is opposed to many entrenched ideas in the academy. She was an advocate of laissez-faire capitalism as a political philosophy. And it's well-known that most people in the academy tend to be politically left wing, or at least liberal-leaning," says James J. Lennox, co-editor of the new text. Based on lectures and papers by Ayn Rand Society members, the second volume, set to publish in June, will delve into her theory of epistemology.

But AR Society members are aware that books alone won't get Rand into the classroom; they need professors willing to teach the material.

"The biggest problem is getting more people who are trained to teach objectivism into tenured positions in philosophy departments," says Lennox.

BRUCE WALSH

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

– Dorothy Robinson will return on March 20.

'Smash' starlet OK with playing it safe

Ivy Lynn, the emotional and outspoken would-be diva on NBC's "Smash," would never waste a moment in the spotlight. But when we caught up with actress **Megan Hilty**, who plays the dynamic character, last Friday directly following her Carnegie Hall debut singing Rat Pack-themed hits along with the New York Pops, we learned that her public persona is perfectly polished, erring on the side of forgettable. After all, she kicked off the night by claiming that it was "literally a dream come true" — and the cliches didn't end there.

What did it feel like to take that illustrious stage? "It's great to be in front of a live audience again."

Was she nervous about performing as herself, rather than playing a character? "That's the beauty of live theater: I'm never going to be perfect."

Would she be willing to get competitive if she had to face off against "Smash" co-star **Katharine McPhee** for a role, mirroring the ongoing theme on the show? "No, we all love each other."

And how would Ivy handle getting a solo concert at Carnegie? "She probably would have had many more costume changes than I did!"

Wait, did she just confirm our thoughts that her fictional persona would have made a more memorable impression?

The most interesting "confession" came when the actress slyly revealed that she does in fact sit down to watch her own show air on Tuesday nights during a scripted dialogue with charismatic Pops conductor **Steven Reineke**. Thankfully, we did witness a glimmer of that big Ivy personality when the blonde adamantly insisted that the bottle of bubbly sitting nearby at the after-party was reserved for her; we can relate to any woman who puts her stiletto down when it comes to free booze.

But here's our advice for Hilty: Take a page from "Silver Linings Playbook" media darling and recent Oscar winner **Jennifer Lawrence**; the way to charm the pants off press and public alike these days is apparently less class, more sass. Maybe we should have just hung around until after Hilty polished off that champagne.

— Additional reporting by T. Michelle Murphy

▶ Hilty's got a big personality — on "Smash," that is.

ANDREW H. WALKER/GETTY IMAGES ENTERTAINMENT

JT kills it yet again on 'SNL'

If this whole music thing doesn't work out, we're pretty sure **Justin Timberlake** would still make bank as a funnyman. The singer/actor (yup, I said it) hosted "SNL" for the fifth time this weekend, joining the "Five-Timers Club," an elite group of comedy head honchos like **Steve Martin**, **Tom Hanks**, **Alec Baldwin** and **Paul Simon**, all of whom appeared in Timberlake's monologue Saturday. It seemed like **Lorne Michaels** knew that the way to viewers' hearts would be through bringing back a few "SNL" favorites: The Three Amigos reunited in the monologue, **Andy Samberg** and Timberlake teamed up for a "D— in a box" revival (that also featured the Festrunk Brothers), JT donned a giant tofu costume for a "Bring it on down to Veganville" skit, and everyone's favorite clubber **Stefon** appeared in Weekend Update.

Timberlake

GETTY IMAGES

Talking points

Bieber's gas mask explained

With **Justin Bieber**'s bummer of a week in London behind him, at least one mystery has been solved: the Canadian pop star's penchant for wearing a gas mask in public. "The gas mask Justin has been wearing around London is a joke between his friends, but people are starting to take it seriously," a source tells Us Weekly. "All his friends take turns wearing it as a joke to throw off the paparazzi. It's not a serious thing; they're just having fun with it."

Miley tries to squash the rumors

While her fiance **Liam Hemsworth** is in his native Australia spending time with family, **Miley Cyrus** finds herself doing damage control, taking to Twitter to quash rumors that their relationship is in trouble. "I am so sick of L.A. And sick of the lies that come with it," she posted last week.

▶ Bieber

NEIL MOCKFORD/GETTY IMAGES

"I didn't call off my wedding." Of course, being spotted out and about in Hollywood without her engagement ring probably doesn't help. But a source assures E! News that all is well in the Hemsworth-Cyrus household. "She is not listening to what everyone is saying about her and Liam," the source says. "Everything is fine between them, as far as I know."

Baby Baldwin will habla espanol

Hilaria Thomas Baldwin is already making plans for her daughter that might not include husband **Alec Baldwin**. "We're having a girl and we definitely want her to speak Spanish," Baldwin Thomas tells Us Weekly. "It's a little tricky because my husband doesn't speak Spanish, so that'll be a little tricky in the house. But maybe we will have our own conversation and he'll have to learn. We can talk behind his back. I cannot wait."

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, John Cusack has some business to tend to, Seth MacFarlane has found new forms of stimulation, Garry Shandling has an idea and Pink is not enjoying the changing seasons.

@johncusack
pressing legal matters beckon. writs being jammed under my door — not really but sounds dramatic

@SethMacFarlane
Drink ten cups of coffee and download "Dizzy Fingers" by the Carpenters. You will never need cocaine.

@GarryShandling
Don't call me crazy. I say Dennis Rodman is selected new pope. Feels like it's his week.

@Pink
I think this daylight savings time is really stupid and rude. I'm tired so screw you spring ahead!!!!

Pink

Where the stars were: SXSW and 'SNL'

1. Emile Hirsch, David Gordon Green and **Paul Rudd** bro'ed down at the "Prince Avalanche" dinner hosted by The Samsung Galaxy Experience on Saturday at SXSW in Austin, Texas.

2. Nice glasses, **Katy Perry**. The pop star took in a Los Angeles Kings game on Saturday.

3. Somebody had a good weekend! **Justin Timberlake** filmed an "SNL" promo with **Kenan Thompson** on Tuesday.

4. Cute overload: **Ryan Reynolds** and **Emma Stone** caught up with their furry co-star at the New York premiere of "The Croods" yesterday.

5. "Drinking Buddies" stars **Ron Livingston, Anna Kendrick, Joe Swanberg** and **Olivia Wilde** grabbed a brewski at the after-party for the movie's premiere in SXSW on Saturday.

6. Yes, **Chad le Clos** is really this pretty. The South African swimming champ was at the 2013 Laureus World Sports Awards yesterday in Brazil.

7. Victoria and **Harper Beckham** watched as **David Beckham** and Paris St. Germain beat Nancy 2-1 in Paris on Saturday.

1: JOHN SCHULL/GETTY IMAGES ENTERTAINMENT
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7: MARC PEASECKI/WIREIMAGE

A comedy of bad manners

The characters in 'Clybourne Park' may be hard to like, but SpeakEasy Stage Company's production certainly isn't The stunning cast wrings laughter from deep tensions between races, classes and genders

There's a simmering cauldron of raging emotions lying just beneath the surface as SpeakEasy Stage Company's superb production of "Clybourne Park" begins. Slowly, the seemingly plodding pace picks up until it comes to a head, twice, in some of the finest, funniest theater of the season.

Until you're in the middle of this tumultuous mix of race, gender and class conflict, you don't see the brilliance of director M. Bevin O'Gara's work. Her flawlessly cast 7-person ensemble creates 14 rather unlikable characters trying to maintain a sense of decorum as they fight for what they believe is rightfully theirs.

Oddly enough, the most likable character is deaf. And while she can't hear, the others simply don't want to. Shouting, ignoring, talking over one another or rudely interrupting to take seemingly banal phone calls is all part of the human condition on display. Their collective irritation with others is uncomfortable to watch, riotously funny and yet a bit too close to home for most people.

Part of the show's magic is the stunning ensemble work of its actors. There are no stars, despite a cast that features long-time local favorites Paula Plum and Thomas Derrah.

Playwright Bruce Norris' biting comedy chronicles the integration and subsequent gentrification of a Chicago neighborhood first in 1959 and later 2009. The home at the center of the controversy is intended to be the same house the Younger family intends to inhabit in Lorraine Hansberry's "A Raisin in the Sun."

Norris smartly avoids being heavy-handed, instead letting the neurotic foibles of two distinct generations take center stage as they painstakingly avoid the four-letter word that fuels their ire: race. As funny as "Clybourne Park" is, it's also disturbing to see how little society has actually changed.

Nick Dussault
nick.dussault@metro.us

The plot

In Act I, it's 1959 and a husband and wife prepare to sell their home to an African-American family while the neighbors try to prevent it. In Act II, 50 years later, the black family trying to sell the house to an upscale white couple is facing its own obstacles.

If you go

Clybourne Park
Through March 30
Roberts Studio Theatre, Boston Center for the Arts
539 Tremont St., Boston
$25-$52, 617-933-8600
www.speakeasystage.com

▶ Paula Plum, left, and DeLance Minifee have a chat in "Clybourne Park."

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JACK ROWAND/THE CW

▶ "Cult" airs Fridays at 8 p.m. on The CW.

'Cult': A show within a show

'There is nothing too meta' for the new CW mystery series, says creator The series follows a reporter as he uncovers the enigmatic horde of radical, cult-like fans of a hit television show called ... 'Cult'

The new mystery series "Cult" follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of the rabid, cult-like fans of a hit TV show called — you guessed it — "Cult." It's about a cult with a charismatic leader named Billy Grimm, who is played by an actor named Roger Reeves, who is played, in real life, by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits. "It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and "Farscape" creator O'Bannon says he is no stranger to obsessed fans. "The origin of the show actually did come out of my 'Farscape' experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to find each other through social media and connect up," he says. "It started me thinking, what if the show were something with a little bit darker edge, and what kind of fans would that draw?"

Multilayered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more.

"From our perspective, there is nothing too meta," O'Bannon says. "One of the things that I really got excited about was how to create a visceral experience for the audience and really try to take the glass away from between the television show and the audience, take away that control. ... I'm hoping that the audiences will go along for the ride."

Ned Ehrbar
METRO WORLD NEWS

Staying close to home

"Cult" marks another CW series for star Matt Davis, whose "Vampire Diaries" character, Alaric, bit the dust at the end of last season. Luckily, the network had another role in mind for him.

"I knew that they were going to write Alaric off the show, and I called my agents to let them know that I needed to find another job. And they sent me a few scripts over the weekend, one of which was 'Cult.' And it was clearly the best one of the bunch," he says.

The producer felt the same about Davis, making him an offer for the role right away.

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▶ James Franco and Michelle Williams star in "Oz the Great and Powerful."

TV watch list

'The Bachelor'

REALITY. Tune in to see which lucky woman Bachelor Sean will eventually break off an engagement with. **Season finale, 8 p.m., ABC**

'Hindenburg: The Last Flight'

MINI-SERIES. Spoiler alert: Things don't end up happily ever after on this famous 1930s zeppelin. **Series premiere, 8 p.m., Encore**

'Catfishin' Kings'

REALITY. This is a show about fisherman, but we also hope they live up to the name by making up fake girlfriends on the Web. **10 p.m., Animal Planet**

'Burning Love'

COMEDY. After the "Bachelor" finale, put the schlock in perspective with this smart, funny parody. **10 p.m., E!**

NATALIE SHURE

'Oz' takes Yellow Brick Road to No. 1

Prequel to 'The Wizard of Oz' has (you guessed it) a 'great' and 'powerful' box office debut ◗ 'Jack the Giant Slayer' a distant second

Box office

There was no place like "Oz" at the weekend box office.

Walt Disney Co.'s big-budget 3-D movie "Oz the Great and Powerful" amassed $80.3 million in U.S. and Canadian ticket sales, the biggest domestic debut of 2013. The prequel, starring James Franco, added $69.9 million in international markets, Disney said, for a combined $150.2 million opening around the world.

"Oz" dominated all other movies over the weekend, according to studio estimates released yesterday. Another family film, "Jack the Giant Slayer," finished at a distant No. 2 with $10 million domestically during its second weekend. The Melissa McCarthy comedy "Identity Thief" landed third with $6.3 million from Friday through Sunday.

The opening numbers for "Oz" provided a strong start for the $200 million production, a prequel to the 1939 Hollywood classic "The Wizard of Oz." The movie stars Franco as a small-time magician who is whisked by hot air balloon to a magical land where he is mistaken for a wizard. Michelle Williams, Mila Kunis and Rachel Weisz play three witches the wizard encounters on his journey.

The big debut for "Oz" outshined the sluggish opening a week earlier for "Jack the Giant Slayer," which cost $189 million to produce. It pulled in $27.2 million at North American theaters during its first three days.

The weekend's other new release, thriller "Dead Man Down," landed in fourth place with $5.4 million. The movie stars Colin Farrell and Noomi Rapace as two strangers who join together to seek revenge against a New York crime lord.

REUTERS

Top 5 earners

1. **"Oz the Great and Powerful,"** $80.3 million
2. **"Jack the Giant Slayer,"** $10 million
3. **"Identity Thief,"** $6.3 million
4. **"Dead Man Down,"** $5.4 million
5. **"Snitch,"** $5.1 million

mywellbeing

Are meds the right choice for you?

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JONATHAN ALPERT

WWW.JONATHANALPERT.COM

I'm often asked by friends, family and media why so many people are taking medications for stress, anxiety and depression. "Are people really that sick?" they wonder. "Are people more depressed now than they were a decade ago?" "Is life tougher?" No. People are not sicker or more depressed, and life isn't tougher. Truth be told, our society and culture are changing, and we're witnessing an unhealthy phenomenon: the over-prescription and misuse of medications. This trend is driven by clever pharmaceutical company advertising, incompetent practitioners and a desire for a quick, albeit temporary, fix. Patients are too quick to ask for medications, and doctors are too quick to prescribe them.

Every week I see new patients who are loaded up on meds thanks to their previous provider prescribing for the equivalent of a psychological sniffle. Next time you're offered mind-altering drugs as if they're Halloween candy, here's what to ask your doctor: If you didn't have a prescription pad, how would you treat the problem? What would happen if I didn't take medication?

Antidepressants should be used for major depression with severe and persistent symptoms, not when one is simply stressed or feeling down. There are specific symptoms that need to be present to properly diagnose major depression. If this is accurately done, then medication should be a consideration for a treatment option. However, know that they are not a panacea and not nearly as effective as medication combined with psychotherapy.

▶ There are ways to cope with the stresses of life that don't involve medication, Jonathan Alpert says.

WAVEBREAK MEDIA

Quoted

"Antidepressants should be used for major depression, not when one is simply stressed or feeling down."

ALPERT

Be a good consumer and remain aware of medication's side effects, which can sometimes be as bad as or worse than the symptoms being treated. For example, a diminished sex drive and weight gain are common side effects to antidepressants. Be open to alternative treatment options and know that medications are not the be-all, end-all.

Life can be really tough. Know, however, that long before medications, people found ways to cope. Medication provides a temporary relief, lasting only as long as you continue to take it. It doesn't provide insight or teach you skills or new ways to deal.

By contrast, a good therapist will teach you how to change your thinking; balance work, life and relationships; and be fearless rather than fearful. To learn more ways to be fearless and not rely so heavily on medications, check out my book, "BE FEARLESS: Change Your Life in 28 Days."

*– **Jonathan Alpert** is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at **jonathan@jonathanalpert.com***

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In the news

Serious side effects seen with failed Merck niacin drug

▶ Niacin has been used to help prevent heart attacks and strokes.

STOCKBYTE

Unexpected serious side effects arose in a huge study of a Merck & Co. long-acting niacin drug aimed at raising good HDL cholesterol, according to data released on Saturday, possibly adding another nail to the coffin of niacin therapy for heart patients.

Merck already has given up on the drug that combines extended-release niacin with an experimental agent called laropiprant, designed to prevent the uncomfortable facial flushing associated with niacin.

When it was announced that the drug called Tredaptive had failed to prevent heart attacks, strokes, death and other complications in heart patients also taking drugs to lower bad LDL cholesterol, Merck said it would not seek U.S. approval and would stop selling it in the dozens of other countries where it was already available.

A European medical journal last week said the drug caused concerning muscle weakness, especially in Asian patients.

But the results presented on Saturday at the American College of Cardiology scientific meeting in San Francisco painted an even more troubling picture of the medicine.

Researchers found patients taking the Merck drug had significantly higher rates of bleeding — 2.5 percent vs. 1.9 percent — and infections — 8.0 percent vs. 6.6 percent — that they called unexpected.

Significantly higher numbers of patients taking Tredaptive also experienced serious health problems that researchers called known side effects of niacin. Those included new onset diabetes (9.1 percent vs. 7.3 percent) diabetic complications (11.1 percent vs. 7.5 percent) and gastrointestinal problems (4.8 percent vs. 3.8 percent).

Niacin, a form of vitamin B, has been used for many years in the belief that its HDL-raising powers would help prevent heart attacks and strokes.

Professor Jane Armitage, who led the study, called the findings disappointing.

"Still," she said, "finding out a drug is not helping people is just as important as finding that it has benefits."

But Dr. Steven Nissen, head of cardiology at Cleveland Clinic, had some serious criticism about the study's design, execution and conclusions, and was not prepared to write off niacin therapy just yet for patients with very low HDL levels.

"Sometimes large and simple trials are large and sloppy trials," he said.

Among his concerns, Nissen cited the very large number of Asians in the study that could have skewed the results because Asians tend to not tolerate high-dose niacin. Nissen also said the baseline LDL levels of 66 for patients in the study were low and that those with higher LDL levels may have benefited from the drug.

The trial was not designed to show whether the adverse side effects were caused by the niacin or the anti-flushing drug, another potential failing.

But Armitage, a professor at the University of Oxford, said the results were consistent with an earlier failed niacin study that did not include laropiprant and that many of the side effects are known to be associated with niacin. **REUTERS**

Make this one simple move to get what you want in life

▶ Stop acting small: Speak up and own your power.

LIFESIZE

Do you ever get angry and resentful because you're not getting what you want? Or do you feel your needs are not being met? If you do feel like this, then I have another question for you: Do you ask for what you want?

When you feel you're not getting what you want from others, the easiest thing to do is complain about it. But blaming other people for your feelings is the wrong way to approach the issue. The key to getting what you want is to ask for it.

Zen in the City

GABRIELLE BERNSTEIN
WWW.GABBYB.TV

Asking can be really uncomfortable for some folks. I see this often when it comes to asking for a raise, asking for help or merely asking someone to listen to what you have to say. As difficult as it can be to ask, it's important to realize that you won't get what you want until you're willing to put it out there.

If you tend to freak out about asking for what you want, it's time to shake off the fear and change your ways. What you'll come to learn is that, deep down, all people genuinely want to give. Therefore, when you ask for something from a place of authenticity and grace, your request will be met with mutual respect. Now's the time to create a new habit and get your asking muscles in motion!

How to do it

Begin the process of asking for what you want by following these three steps.

1 **Accept that it may feel uncomfortable and awkward at first.** If you've spent a lot of time unwilling to ask for what you want, testing out new behavior will feel strange. Remember that the strangeness is a good sign. Regardless of how uncomfortable you feel, take this powerful action in the right direction and step outside your comfort zone.

2 **Get clear about what you're asking for.** When you're clear about what you're asking for, your energy is committed to the request. If you're unclear, your energy wavers, which makes it more difficult to really get behind your ask. It's also really important to back up your request with positive intentions. When your request is backed with the energy of love, it will be received with love.

3 **Just ask!** The moment you notice yourself avoiding the chance to ask for what you want, move swiftly past your fear and just ask. Though you may be scared, this simple act of asking can change your life in an instant. You'll come to know a new sense of self-respect that will give others the freedom to respect you back.

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

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They wouldn't call it work if it was supposed to be fun, right?

A list of the Top 100 companies to work for was recently released by Fortune. The best included Google; SAS, providers of analytic software; and CHG Healthcare Services in Salt Lake City. Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. With the help of a few experts, we pull back the curtain to learn what they're doing right.

Fun and freedom appear to be a common thread for the companies on Fortune's list. "If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, vice president and general manager, Corporate at Seamless. CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments. Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at No. 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco. "At Kimpton, fostering a culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants. "Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

Quoted

"While perks like free cappuccino, rock-climbing walls and nap rooms are very nice ... they don't drive true employee satisfaction."

DOUG CLAFFEY

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees. "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee survey company, Workplace Dynamics. "What we have found is that while these benefits are nice to have, they don't drive true employee satisfaction." According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in." It probably doesn't hurt, though, if that leader wants to put in a foosball table.

Julia West
letters@metro.us

▶ A free java isn't necessarily the thing that makes for happy employees.

LIFESIZE

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Provide infant/toddler children at the local Early Head Start center with a nurturing, safe and healthy environment and individualized learning experiences to help them develop socially, intellectually, physically and emotionally in achieving social competency. Provide a balance of open-ended exploration, teacher directed activities, structured activities and sensory-based play activities to foster the children's curiosity, engagement, reasoning and problem-solving. Perform other related duties as required.

- Minimum high school diploma/GED, w/ 9 months related experience required.
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- Minimum AA/AS in Early Childhood Education or related field w/9 months related experience required. Degree in related field requires a minimum of six courses related to early childhood education that focus on child development, early childhood education and curriculum, early childhood teaching and assessment, psychology, family development, health and physical development, mathematics, science or children's literature.
- Must be EEC Preschool Teacher qualified.
- Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

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- Minimum of a high school diploma/GED, w/ 9 months of related experience required
- Active preschool Child Development Associate credential or be enrolled in a CDA credential program that will be completed in two years required.
- Must be EEC Preschool Teacher qualified
- Good interpersonal skills required
- Must be able to work sensitively and effectively with individuals of diverse educational, socio-economic and cultural backgrounds.

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DIGITAL VISION

▶ You love cooking; you love food. For a career in the kitchen, do you need the starched white linens of culinary school, or is it better to hop on the line?

Chefs dish on the age-old chicken vs. egg question

- It's a dilemma for any aspiring chef: Is it better to attend culinary school or work in a restaurant first?
- Chefs from some of New York City's esteemed eateries weigh in
- They gathered for the Careers through Culinary Arts Program, which funds scholarships

Quoted

"I mean, it's not either/or, you need both."

MARCUS SAMUELSSON, RED ROOSTER HARLEM

SCHOOL FIRST

▶ "If you have experience before you go to school, I think it gives you an edge on learning so you can absorb things that you may be familiar with but not quite confident in. Start with school, get the tools you need and remember that the on-the-job training is really how you learn what the industry is all about." **MICHAEL LOMONACO, PORTER HOUSE NEW YORK**

▶ "It's important to go to school. Actually, if you can combine both, like working during a school break, it's even better. School is supposed to teach you the basics. The chef [will] teach you to connect what you learn. Nowadays I think it's important to study first, then go." **MATTEO BERGAMINI, SD26**

▶ "I recommend culinary school first. It gets you prepared in the sense of seeing the reality of what you're going into. It also helps you understand a lot of culinary terms that we use." **YUHI FUJINAGA, THE SEA GRILL**

VS.

RESTAURANT FIRST

▶ "I think it's great to go into a restaurant to make sure it's actually something you want to do. Culinary school's a pretty big investment in time and money." **MARC MURPHY, LANDMARC**

▶ "Work in a restaurant. It's about whether you like it or not. If you don't love it, you'll never make it. You have to live it, eat it and breathe it. And when you go to school, you learn things, and you learn a lot, but you need to see whether you're suited for it. And you can't tell until you get out there and work in the field." **SARABETH LEVINE, SARABETH'S**

▶ "Working at a restaurant gives you all the tools to learn before you get [out] there. I worked in a restaurant first, and the moment I got to culinary school I felt like I had the biggest head-start in the world." **KELVIN FERNANDEZ, THE STRAND, AMERICAN BISTRO**

Meredith Engel
meredith.engel@metro.us

Q&A: Do you even need to go to culinary school?

▶ "I went to culinary school and I dropped out. ... I'd say like 80 percent of my cooks are dropouts or they didn't go to school at all. Thomas Keller did not go school." **KYUNG UP LIM, MICHAEL'S**

▶ "You don't need to go, but I do think for some people it is worth it. It depends on the person. I personally didn't go to culinary school." **SAM YOO, TORRISI ITALIAN SPECIALTIES**

▶ "I would say no. It's all about if you can do 80 hours a week and do 12 hours a day and get burned every day — that's when you know you want it. It's not necessarily you go to school, you learn it and you come out and be a chef — and that's what a lot of the schools make it out to be. There's a lot of really hard work before that happens." **JOSEPH FORTUNATO, EXTRA VIRGIN**

▶ "No, by no means. I've wasted a lot of money just going to school and then [realizing] it's not what it's like on the Food Network." **CHRIS WYMAN, SCARPETTA**

'It depends on the person'

▶ "Culinary school gives you the knowledge — even how to hold a knife, which is very good. But also, [at a] restaurant, if you have a very good chef, like a teacher, [it's almost like how] the culinary school teaches you." **MARIA LOI, LOI**

▶ "I think it depends on the person. I did not go to culinary school, but I know some very good cooks that did and I really think it depends on how you learn. I just went to a restaurant and asked if I could work for free, and that's how I learned." **SAM HENDERSON, WD-50**

▶ "I think culinary school gives you a great basis to learn the things that you really need to know to get started, but there's nothing really like restaurant experience. Working in a restaurant is definitely going to enhance your skill level. But culinary school is a great basis and I would never not recommend going to culinary school if you have the opportunity." **SEAN QUINN, CHADWICK'S**

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Planning ahead can make the difference between unemployment and landing your next job ◗ Be sure to look professional ◗ Ask specific questions about the job ◗ Don't forget your résumés and business cards

Always dress professionally. It doesn't matter what type of career fair it is.

Bring several copies of your résumé. Better to have more than less.

Bring a nice binder to store résumés and include a notepad and pen to take notes or further directions from employers.

Go early if possible to avoid the rush.

Have your "elevator pitch" ready. This is a pitch that summarizes your experience, abilities, objectives and the assets you can provide to the company in less than two minutes. There are typically hundreds of job seekers companies are engaging with, and they hate to waste time speaking with one candidate for a lengthy period of time, even if it's someone they are looking for. Make sure you practice this pitch until you are comfortable using it — but make sure it doesn't sound programmed or too basic.

Visit the companies you're least interested in first, so you can practice your elevator speech prior to visiting the top-priority companies on your list.

Seek out opportunities you want. Do not wait in long lines, but rather spend that time networking with other job seekers or employers, even if those employers weren't on your target list — there may be companies not within your industry that are hiring your profession. You never know who might be able to help you find a job.

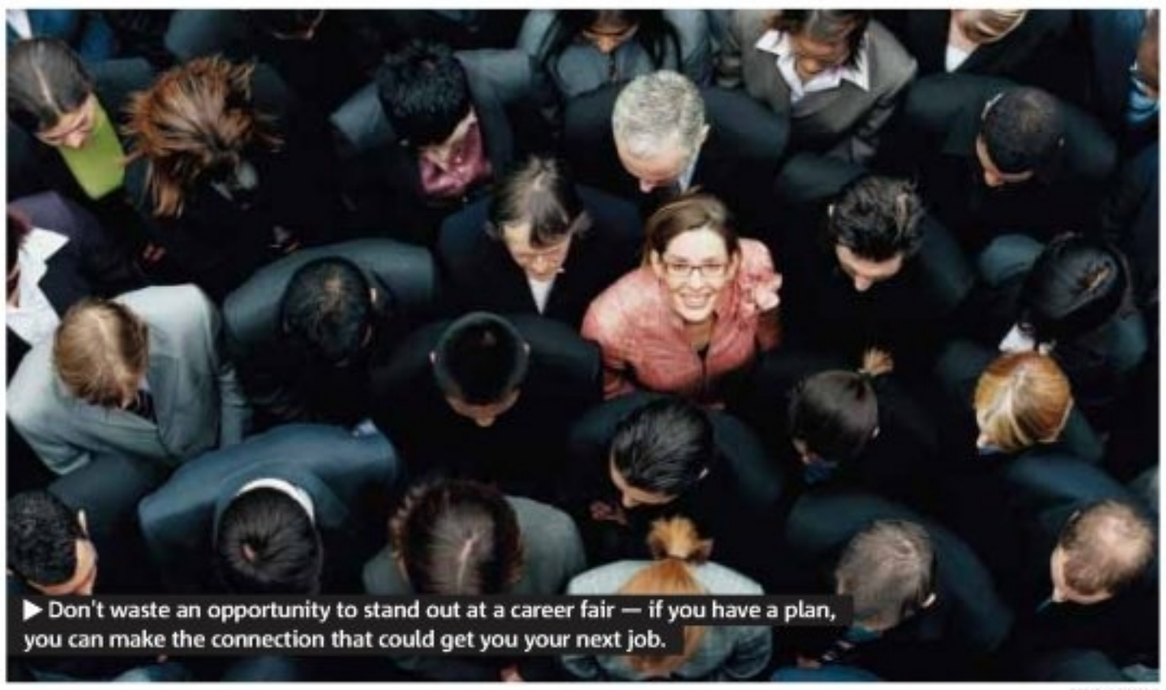
Be prepared to answer multiple questions in a short time with each employer. Act as if it is an interview in and of itself.

Make eye contact, shake hands firmly and smile.

Only ask questions about the job. Use your time to find out what the hiring managers are looking for, both now and down the road.

Keep the conversation flowing. Have a mental list of questions prepared that are engaging and smart. When given the opportunity, relate your skills and experience to openings at the company.

Don't drop the ball: Keep yourself fresh in the mind of the decision makers. Send a follow-up or thank you letter within a few days. Refer to the specifics of the job fair and mention a part of the conversation that stood out to make them to remember you.



Don't waste an opportunity to stand out at a career fair — if you have a plan, you can make the connection that could get you your next job.

DIGITAL VISION

MATTHEW WARZEL OF MJW CAREERS FOR TalentEgg hatching graduate careers

Talentegg.com is a job board and online career resource for college students and recent graduates.

Quick tips and questions for career fairs

Mary Goldsmith, a Career Counsellor at Trent University, and Brittney Blake, Trent's Employer Services Advisor, offered some tips and tricks regarding how aspiring employees can stand out at job fairs and make the most of these opportunities.

It can be tricky to know what to ask employers in order to make the most of your time with them. "Ask questions that will help you make a good match between what you have to offer and what an organization needs," Blake says, offering the following examples:

- Ask what the employer likes about their work. What topics do they deal with that are exceptionally interesting to them?
- What are the most important skills required for people interested in this area?
- What changes and trends are they seeing in this field?
- What non-academic skills and experiences do they look for in new hires?
- How did they get started in this line of work? (Sometimes you'll discover people took a very unusual route to end up where they are now!)

Goldsmith suggests asking about typical entry-level positions that are available to new grads and asking if the employer has a business card or would be willing to connect on LinkedIn.

- "Start with yourself," says Brittney. "Think about all the areas of work that have always intrigued you, then make a list of all the participants that might fall into these categories."
- Visit the company's website to find out more about them. This will help you appear more knowledgeable and interested in the booth you're approaching.

On the flip side, this also helps you identify which participants aren't really worth your time. "If time is a factor, rank the participants before you go," Brittney says.

- Goldsmith agrees: "There will be many employers so you probably want to target ones that particularly interest you," she says. "Be well prepared with your introduction, your questions and a targeted résumé." LEAH RUEHLICKE

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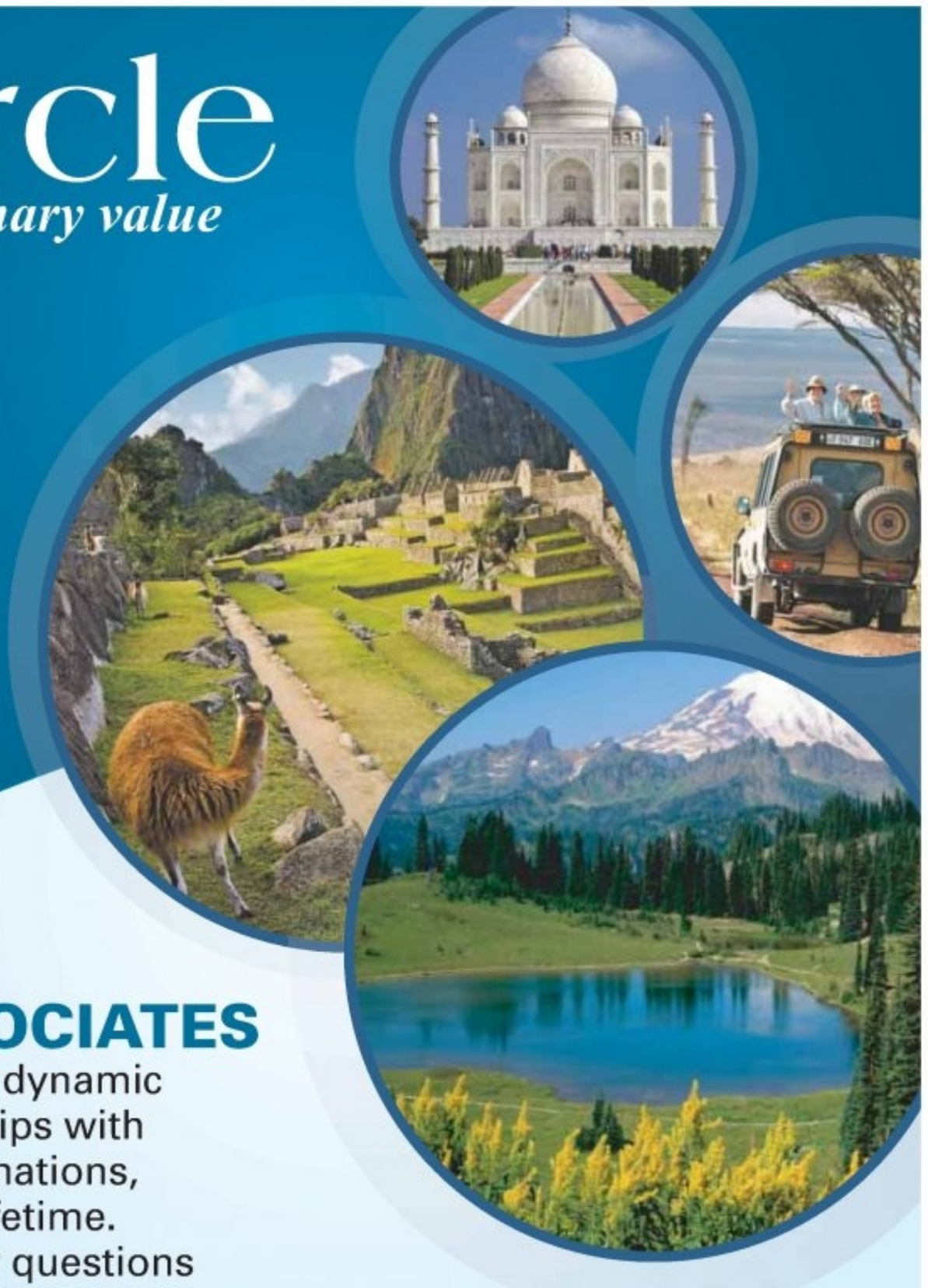

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COMSTOCK

Chelsea Newton is a director of talent acquisition who looks at résumés every single day. Here are her tips for following up after a career fair.

Build and manage relationships with a select few recruiters

At every event you attend, make an effort to speak to employers and get their business cards. After the event and once you've applied online, reach out directly to the people you met at the event.

But don't rush around trying to meet as many recruiters or hiring managers as possible, asking for their cards and sending them each form letter follow-ups. Instead focus on building relationships or connections with a few recruiters and let them really get to know you. This will give you more information to personalize your follow-up e-mail and also help them remember you when they receive it.

After an interview

Send your interviewer an email thanking them for their time. Highlight what you learned about the company during your interview and explain why you think you would be a great fit.

Play by the employer's application rules

The first step is knowing how your prospective employer likes to receive applications. If they have an online application system — use it!

Don't just e-mail your contact a résumé. Many employers receive hundreds of applications a week, and the only way they manage them is through their online application/candidate management system.

Match the company culture in your communications

Write a cover letter that highlights the culture and unique and match those points with the reasons why you are the perfect fit for the job. In your cover letter, mention the person you met at the event and why they made an impression on you.

Knowing the culture of the company you are applying for is key. If they are a very corporate or professional environment, a more formal tone is appropriate. At a more creative workplace, personality and energy can set a cover letter out from the pack.

Send a personalized e-mail within 24 hours

Sending a personalized e-mail within 24 hours is key. Remember to attach your résumé and reference that you have already applied online. Include your LinkedIn profile in the e-mail so recruiters can go online and see your photo and online résumé if they need a reminder.

In your e-mail, highlight why you enjoyed meeting them, reference the interaction you had and discuss why you think you would be a great fit for the company. This personalized touch makes a difference

The 20 minutes taken to write a great follow-up e-mail are worth it, especially if it follows a great in-person conversation.

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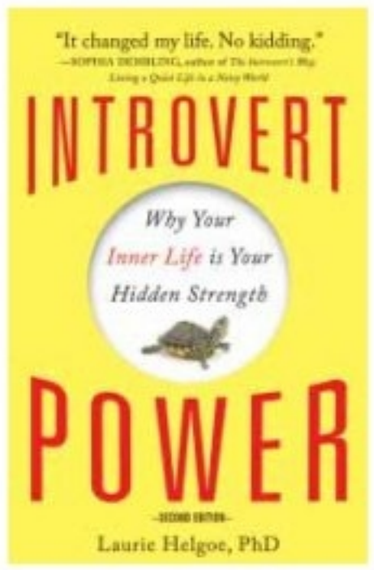

With her 2008 book — "Introvert Power: Why Your Inner Life is Your Hidden Strength" — Dr. Laurie Helgoe celebrated introverts and their power to develop rich, complex inner lives. But in today's hyper-friendly, team-centric workplace, introverts often find their natural inclinations less than encouraged. A new edition of "Introvert Power" was recently released, with analysis of the latest studies on the psychology of inward-looking personalities. We asked Dr. Helgoe how introverts can use their strengths.

Is the American workplace geared toward extroverts?
Today's work culture tends to be an extrovert-centric. There is an emphasis on processing things as teams. Brainstorming, which is a very extroverted process — thinking aloud about ideas — is a disconnect for someone who likes to form ideas privately.

How can introversion be used to your advantage?
Being honest is a good start. Sometimes introverts feel pressure to act extroverted, pretend they like social events and the high level of social stimulation. But when they finally say they need some quiet to get work done, people respect that. At some point the work has to get done, and introverts have an advantage in tolerating the solitude that is often required for that.

What leadership style best suits an introvert?
There was a groundbreaking study a couple years ago that found that introverts lead more productive teams when they're supervising proactive people. They were able to encourage the good ideas from their employees. Introvert leaders require less attention, so they're more willing to let the attention spread out.

Q&A

How should managers reward introverted employees?

Don't throw them a party. A gift certificate for a massage is always lovely.

Dr. Helgoe

PROVIDED

Bruce Walsh
bruce.walsh@metro.us

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Letters

letters@metro.us

Regan era was the start of large debt

RE: "AUTOMATIC ACROSS-THE-BOARD BUDGET CUTS" (METRO MARCH 7) You dumb cluck, it was Ronnie Raygun who started the humongous debt. Under Carter it was "peanuts" (no pun intended). Raygun and Bush left a huge debt like never before for Clinton. Democrat Clinton cleaned up the debt. Raygun gave the store away in his eight years, spending on everything and giving the rich their huge tax breaks. Cutting taxes for the rich is the same as spending on a program, because it is money going out of the U.S. Treasury. In comes Republican GWB (Guy Without Brains) and back goes the debt and soon the democrat surplus is gone. GWB accomplished this vanishing act by "spending" $10 billion a month for two wars and "spending millions of dollars of our money to give the wealthy huge tax cuts." So "spending" is not just when the Democrats fund a social program or healthcare or the environment, it's when these idiot Republicans blow our money spending on the rich and the military and corporations. That dummy Rumney talked about buying ships like they were candy bars! One can only imagine what conditions would be like today had Bush or McLame been in office the past four years.

LARRY BLONG, VIA E-MAIL

Lay blame for the sequester where it belongs

RE: "AUTOMATIC ACROSS-THE-BOARD BUDGET CUTS" (METRO MARCH 7) I am very tired of reading letter after letter bemoaning the president for being "not willing negotiate with Congress" about anything, trotting out the sequester as the latest example. The reality is that the sequester was a Republican demand, without which they were prepared to cause another economic disaster — and it is their leadership refusing to either negotiate or even allow a credible budget (one with actual numbers in it) to pass the Senate. But what do you expect when the GOP's entire agenda is nothing but tax cuts for the rich (and less services for everyone else)?

JOSEPH CONNELL, VIA E-MAIL

Filibuster was a waste of time

RE: TOM FOREMAN COLUMN "DRONING ON" (METRO MARCH 8)

Mr. Foreman's editorial on March 8 on Senator Rand Paul's filibuster was nothing short of garbage. He was not fighting a lost cause. In fact, he was wasting valuable time that should have been spent addressing the budget and impeding the safety of the nation by further delaying the confirmation of the head of the CIA, Chuck Hagel. A lost cause is tax reform. Addressing climate change and Wall Street reform are actual lost causes. What Senator Rand Paul and the other clowns that rode together in their clown car to the house floor to pontificate the magnitude of how out-of-touch, inept and viable candidates for a drone strike they are for terrorizing the nation with such in eloquent speech and mindless dribble. What was made painfully clear in this op-ed was Tom Foreman's inability to identify what truly merits writing about to inform the public and to inspire readers rather than solicit their scorn.

KING E. JOHNSON, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
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Please include your name and contact information.

Horoscope

♓ Pisces **Feb. 20-March 20.** Exercise your initiative instead of waiting for someone else to make the first move. Your chances for achievement are excellent, if you utilize your talents.

♈ Aries **March 21-April 19.** If you want to accomplish as much as possible, don't be afraid to request assistance. You'll get no volunteers if nobody knows you need help.

♉ Taurus **April 20-May 20.** It will take a positive frame of mind to realize any of your hopes and expectations. Don't allow any doubts, even a small one, to get a toehold.

♊ Gemini **May 21-June 20.** The rate of your accomplishment can be enhanced if you clearly define your goals. Clarity will provide the added time you need to get everything done.

♋ Cancer **June 21-July 22.** Try to avoid involvements that would inhibit your independence and mobility. Additionally, you need activities that are mentally challenging instead of physically routine.

♌ Leo **July 23-Aug. 22.** Normally you're not overjoyed by changes not of your making, yet you'll be able to adapt quite advantageously to today's unexpected developments.

♍ Virgo **Aug. 23-Sept. 22.** Don't discount your mate's ideas about issues of mutual importance, even if they are very different from your own. His or her view might be clearer than yours.

♎ Libra **Sept. 23-Oct. 23.** You won't be content frittering your time away. Tackling a weighty endeavor will be the only thing that brings you happiness.

♏ Scorpio **Oct. 24-Nov. 22.** Devote some time to an activity or a sport that you enjoy. Taking a break from your everyday routines could refurbish your psyche and attitude.

♐ Sagittarius **Nov. 23-Dec. 21.** If at all possible, try to entertain some friends to whom you feel socially obligated. Contact them as early as possible to join you in an impromptu get-together.

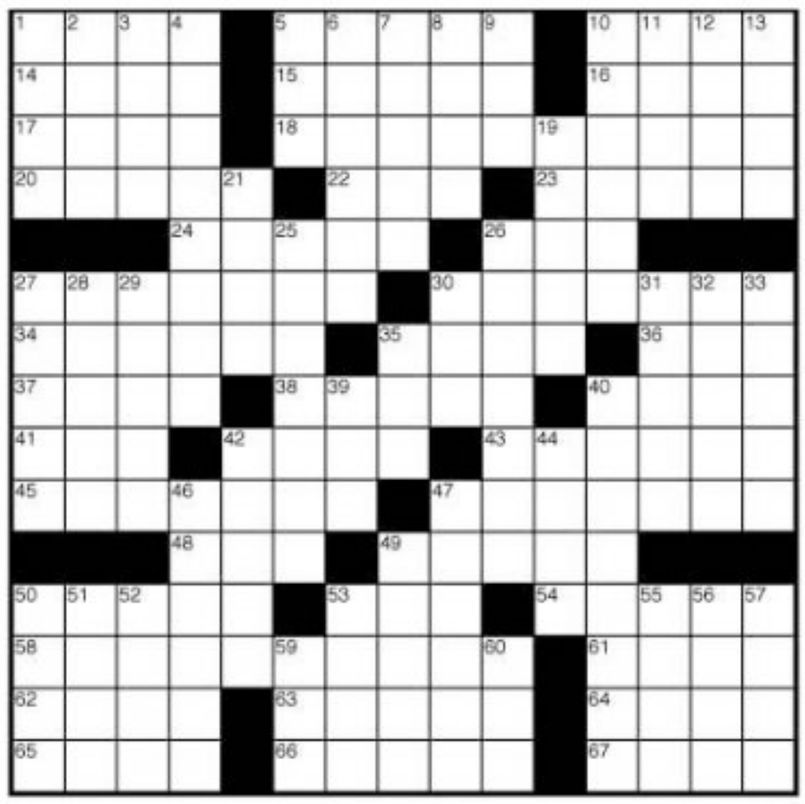
♑ Capricorn **Dec. 22-Jan. 19.** You can best gratify your restlessness by getting in touch with a friend whom you haven't seen much lately. It won't matter where you meet, you'll just enjoy each other's company.

♒ Aquarius **Jan. 20-Feb. 19.** Your prospects for achieving success continue to look good, especially if you choose to work on an idea you've been contemplating that could make or save you some money.

BERNICE BEDE OSOL

Across
1 African antelope
5 "Gadzooks!"
10 Kind of dust
14 — — equal basis
15 Hologram maker
16 Ms. McClurg of sitcoms
17 Beak
18 Art of casting (hyph.)
20 Tankard
22 Goddess of dawn
23 Locales
24 Reeves of "Speed"
26 Rapa —
27 Singer — Flack
30 Glove parts
34 Spotted cat
35 Funny Bombeck
36 Outlaw's "must"
37 Not we
38 Wing it (hyph.)
40 Keyboard error
41 Comics caveman
42 Breezy greeting
43 Measuring worm
45 Speaking hoarsely
47 Fan
48 Hwys.
49 Grave risk
50 Shooting marble
53 Herd of whales
54 Sag
58 Flotation devices (2 wds.)
61 Galley movers
62 Takes a powder
63 Fitzgerald et al.
64 Elevator pioneer
65 PDQ
66 Single-handed
67 High NCO ranking

Down
1 Gemsbok cousins
2 College credit
3 Roy's partner
4 Doubtful
5 Brownie
6 Lead ore
7 "— — Like It"
8 Dict. entries
9 Mr. in Bombay
10 Baseball's "Iron Horse"
11 Garfield's housemate
12 Filmmaker — Wertmuller
13 MA, BA, etc.
19 Dry-heat bath
21 Fiddler of yore
25 Reaches
26 More agile
27 Generator part
28 Golfer Lorena —
29 Honks
30 Part of TGIF
31 "The Mummy" setting
32 Delhi coin
33 Be stertorous
35 "Evil Woman" rockers
39 Mr. Hammarskjold
40 Machine shops have one
42 Apple product
44 Classical poet
46 Mass figure
47 Humiliate
49 Picasso's name
50 Has the flu
51 Biting fly
52 Home-loan agcy.
53 Shore bird
55 Dobbin's dinner
56 Not a repro.
57 Furtive whisper
59 Hot drink
60 Weathervane dir.



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SUDOKU **LEVEL: EASY**

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		9	3				6	8
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4			9	7	8			2
		5				8		
8			4	5	1			9
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2				6		4		

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

R	I	M	E	■	S	T	A	V	E	■	G	A	F	F
I	R	A	Q	■	W	A	X	E	N	■	A	G	A	R
S	I	T	U	■	E	V	E	N	S	■	L	U	N	A
E	S	T	A	T	E	■	L	O	U	S	I	E	S	T
■	■	■	L	I	T	E	■	M	E	A	L	■	■	■
P	A	R	S	N	I	P	■	■	S	I	E	S	T	A
H	U	E	■	Y	E	S	E	S	■	L	O	C	H	S
O	R	B	■	■	S	O	L	A	R	■	■	A	R	K
N	I	E	C	E	■	M	I	L	A	N	■	L	E	E
E	C	L	A	I	R	■	■	S	N	O	O	P	E	D
■	■	■	B	R	A	M	■	A	C	D	C	■	■	■
A	C	H	I	E	V	E	D	■	H	E	E	D	E	D
G	L	E	N	■	A	M	A	Z	E	■	A	R	T	Y
H	O	L	E	■	G	O	M	E	R	■	N	I	N	E
A	P	P	T	■	E	S	S	E	S	■	S	P	A	R

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3

Questions slowly being answered

Hanrahan eases Red Sox fan's concerns Ortiz shut down for upcoming week due to inflammation in heel

Although we're still in March, some Red Sox fans were getting concerned with closer Joel Hanrahan, who going into this past weekend had given up at least one run in all four of his appearances. Hanrahan responded Saturday night by having his best outing of the spring.

The 31-year-old right-hander pitched a 1-2-3 fifth inning with two strikeouts in the Red Sox's 5-2 loss to the Orioles. Hanrahan was very pleased with the way the outing went.

"It's always nice to have a clean inning," he said. "It is Spring Training, and we're still working on things, but to be able to go out there, especially after the last two outings where I didn't finish my inning, just to be able to finish my inning was pretty exciting."

Hanrahan is the backend of what is built up to be one of the biggest strengths of the team this season. The team struggled last season without a designated closer as Andrew Bailey missed the majority of the season due to thumb surgery. Before last year, the Red Sox had six seasons of their closer having at least 31 saves with Jonathan Papelbon shutting the door.

Ortiz to sit for a week

As each day goes by, it seems the chances that David Ortiz will be ready for Opening Day are getting slimmer and slimmer. Ortiz had MRIs on both of his heels on Saturday; due to inflammation in the bony area of his right heel, he will be shut down for five to seven days. Red Sox manager John Farrell told ESPNBoston.com that it is "highly unlikely" that Ortiz will be ready by the April 1 opener.

Ryan Hannable
sports@metro.us

BOSTON GLOBE

Joel Hanrahan had his best outing of the spring Saturday night against Baltimore.

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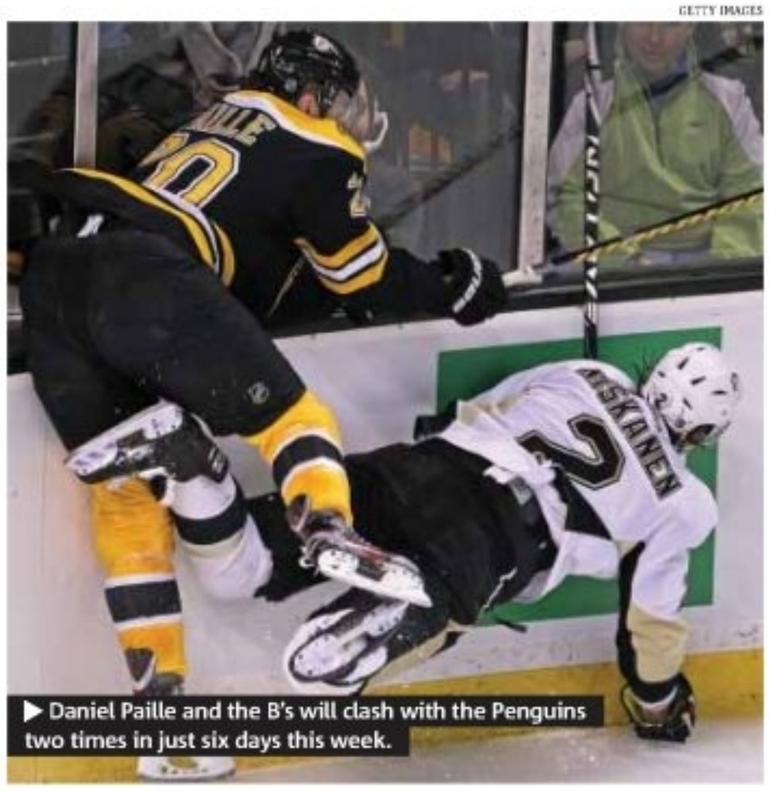
B's with daunting road ahead

Bruins with brutal stretch this week, at Pittsburgh twice in six days ◐ Have played least amount of games in NHL ◐ Goaltender Rask fresh off a shutout, coming on strong ◐ Boston clawing with Habs atop East standings

GETTY IMAGES



▶ Daniel Paille and the B's will clash with the Penguins two times in just six days this week.

Looking ahead to pretty much any week for any NHL team with this convoluted regular season schedule be intimidating, but the Bruins are about to embark on undoubtedly their toughest seven days of 2013: five games, including three road games and two back-to-backs. The week starts with back-to-back games, tonight at Ottawa and tomorrow at Pittsburgh, then wraps up with a matinee at TD Garden vs. Washington on Saturday and a St. Patrick's Day afternoon meeting back in Pittsburgh.

It's exhausting just looking at these games on paper let alone actually playing in them. Like any good head coach, however, Claude Julien wasn't looking too far ahead (or at least pretended not to) when he said after Saturday's 3-0 win over Philadelphia that "we've got a busy week now, then the week after as well. The whole month and a half that is remaining is going to be that way."

Boston (16-3-3) has taken advantage of a relatively easy schedule to start this 48-game slate as it has played an NHL-low 22 games. They are only one point behind Montreal (who has three games in hand) for first place in the Eastern Conference.

Backup goaltender Anton Khudobin (4-1-0) figures to make two starts this week with Julien preferring to sit starter Tuukka Rask (12-2-3) once during back-to-backs. Forward Jordan Caron was called up on Friday and don't be surprised if the usual healthy scratches, wingers Jay Pandolfo and Lane MacDermid, along with defenseman Aaron Johnson, also see some action since some players are bound to get banged up in this brutal stretch.

GETTY IMAGES

"Taking the [Leafs] game off, it was good to get a little rest, but I've felt good throughout these games. It's going to get busier and busier."

BRUINS GOALTENDER TUUKKA RASK TO ESPNBOSTON.COM

Boston usually shows up for its biggest games and no question, this week offers solid challenges with a game at Ottawa (a Northeast Division foe) and the pair in Pittsburgh (the No. 2 team in the Eastern Conference that they have yet to play this season).

"The next two games are going to be very tough. Ottawa, who is playing extremely well (6-2-2 in their last 10) and Pittsburgh on the road, we'll need the kind of game we played on Saturday to win those," added Julien.

Rich Slate
sports@metro.us

C's unable to grind out win over OKC

Celtics lose, 91-79, at Thunder Boston held to just 14 points in fourth quarter Pierce paces Celts again

LANE MURDOCH/GETTY IMAGES

Avery Bradley and the C's fell in Oklahoma City yesterday.

The Celtics held Oklahoma City to under 100 points and didn't allow Kevin Durant to go off for 30-plus, but the Thunder were able to hold the C's to just 14 fourth-quarter points as they beat Boston, 91-79, at Chesapeake Energy Arena yesterday.

Kevin Martin provided the Thunder with 12 points off the bench, and Durant had a double-double with 23 points and 11 boards.

Paul Pierce led the Green with 20 points, and Brandon Bass snatched 13 rebounds.

The Celtics would have sent a strong message to the rest of the league if they were able to sweep the season series with the Thunder. Though they weren't able to come away with their sixth-straight win, there were plenty of positives for the C's, including the fact that they held Oklahoma City to its lowest offensive output since Jan. 13.

Matt Burke
matthew.burke@metro.us

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Vehicles

ALL CARS
WORTH CASH
$300 TO $5,000
617-678-6833

Top Cash paid
No Key...No Title...
No Problem
Free Towing

Get up to
$1,000 cash
for your Junk car
pick up time.
Free towing, same
day pick up.
Call today!
508-697-1660
we buy and sell
used vehicles

No Title ..No problem

Junk or
Repairable Cars
Wanted
$350 - $5500 & up
781-606-1271

Extra Cash paid for
Hondas, Toyotas, & Nissans
Any Location, Anytime
towingcarsusa@yahoo.com

Top Cash For
Junk Cars
Running or Not
No Title No
Problem
$300 to $5,000
617-396-1571

"Cash received
at pickup".
781-534-2118

Junk Cars, Trucks
and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate

Real Estate/Sale

Homes

64 Faywood ave., East Boston, MA, 02128

3 BED 1.5 BATH Craig Bennett @ 617-921-6706. Highly desirable Orient Heights location with multiple ocean views. Amazing 7 room colonial home. $299,000

Real Estate/Rent

Homes

Single Family Home Located in Lowermills/Mattapan
$1700/month Ready to move in April 2013
781-975-0361 Wanda
Home is NOT Deleaded
Section 8 welcome

Career Training

Career Training
A New Future Awaits
Everest
INSTITUTE
Brighton • Chelsea
Call Now!
1-888-291-1351
www.SeeEverest.com
Accredited Member, ACCSC

For Sale

Cash for Records

Wanted 33Lps & 45s
George 617-633-2682

Top $$ Paid For Guitars

We buy ALL Musical Inst.
Guitars, Saxes, etc.
We travel & PU
Cash on the spot!
617-594-3255

Jobs

General Help Wanted

DRIVERS
Part time driver with split shift in Boston and Lowell area
(617) 923 - 1377

General Help Wanted

Work for Grassroots Campaigns on behalf of Oxfam America to:
- End poverty and hunger
- Fight injustice
- Save lives

Earn $335-$535/week.
FT/PT/Mgmt avail.
Call Casey Today at 617-338-7882

Finance

LNS Global, Inc. has openings for **Senior Research Associates** for their Cambridge, MA office to develop and implement practical solutions by integrated research campaigns, benchmarking and technology selection programs, partnership strategies, marketing/communication initiatives, training programs and process changes. Must have Master's degree in Bus. Mgmt. Admin or equiv. and 2yrs. of exp. using statistical and data analytics programs such as excel, SNAP, SPSS, at least 1 yr. of exp. in Manufacturing Operations Management, Enterprise Asset management and Enterprise Sustainability Mgmt solutions with research & bus. development exp. in manufacturing industry. Send your resume to: Matthew Littlefield, LNS Global Inc., 245 First St,. Cambridge, MA 02142.

ATTENTION
NEED WORK?
EARN
$1200/WK
Seeking reliable, motivated individuals with good Personality for FT work
We offer training and support
NO EXPERIENCE NEEDED
FOR CONSIDERATION CALL
857-400-2229

Computer Software

Senior SW Eng - Member Tech Staff. Affirmed Networks seeks Sr SW Eng. based in Acton, MA to develop SW apps for web/video coching. Req. MSCS/MSCE, related + 3 yrs SW eng exp. For full job details or to apply, mail HR, Affirmed Networks, 35 Nagog Park, 1st Floor, Acton, MA 01720.

Services

Psychic

Psychic Readings
by Jennifer
617-756-6851

If you are troubled or confused with life problems, I can help
Where others have failed I can do Aura cleansing also mind
And body spirits healing
I will help you with marriage, career
Sickness and problems
I have brought many people together
In marriage issues
Call me NOW
I am available for appointments and Parties

Legal Services

TAX
PROBLEMS??!!
617-335-2988
EX IRS Revenue Agent
CPA
www.davidrootcpa.com

Careers

HIGH SCHOOL
DIPLOMA FROM HOME
6-8 weeks accredited
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No computer needed!!
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$70 1 hr Body+ Shower
$40 1hr reflexology foot
Enjoy Professional Brazilian,Asian, ,American Bodywork&massage
TV and Parking available
Ph: 617-481-9727
2nd Floor, 278 Centre st, Quincy, MA 02169
(Currently Hiring)

Pathway
Wellness Spa
33 Fayette St
("Big Pink"
bldg.)
Quincy, MA
617-481-2569
The most
EXCITING
thing to do in the
month
of March?
MASSAGE, of
course!

DEEP TISSUE
specialists
2 NEW beautiful
Therapists from China.
INTRODUCING FOREVER
SUNDAY SPECIAL!!
$50.00 for 60 minutes.
You are a stranger
here only once.
Free on/off street parking.
Credit cards accepted.
"We feel your pain!"

Careers

Notices

"Where's the
Beat
Entertainment"?
Presents the first
"Boston Jerk /
Culture
Food Festival
being held on
June 16th, 2013

Vendors, who are interested for more information, please email me at jerkfestboston@gmail.com or Contact
Cassandra at 857-249-2717
or
Dela at 617-771-5750.

This event is powered by:
www.etopuponline.com

"Send a friend credit to their phone in the Caribbean Islands and give them the gift of Gab".
Supporting Operators:
Lime, Digicel, Tigo, Claro, Orange, Viva, Movistar, TSTT

reserve
your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
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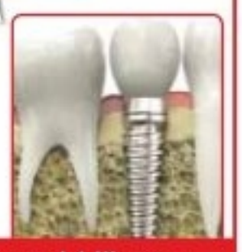
SEARCH IT.
FIND IT.
BUY IT.
metroclassifieds

Forsyth | The Forsyth Institute

ATTENTION
Dental Implant patients

Do you have implants?

Check the health of your implant!!
- Free dental examination
- We will evaluate the health of your gum and bone around your implant



Come to The Forsyth Institute's convenient location in Kendall Square

If you are interested in participating in this screening and you would like to learn more. Please contact The Forsyth Institute:
Phone: ***617-892-8600*** or email us at clinicaltrialsinfo@forsyth.org

Forsyth | The Forsyth Institute

DO YOUR GUMS BLEED?
DO YOU THINK YOU HAVE GUM DISEASE?
Our 12-month long study requires a screening appointment to see if you qualify.
- Over 18 years old, with bleeding gums
- Gum disease

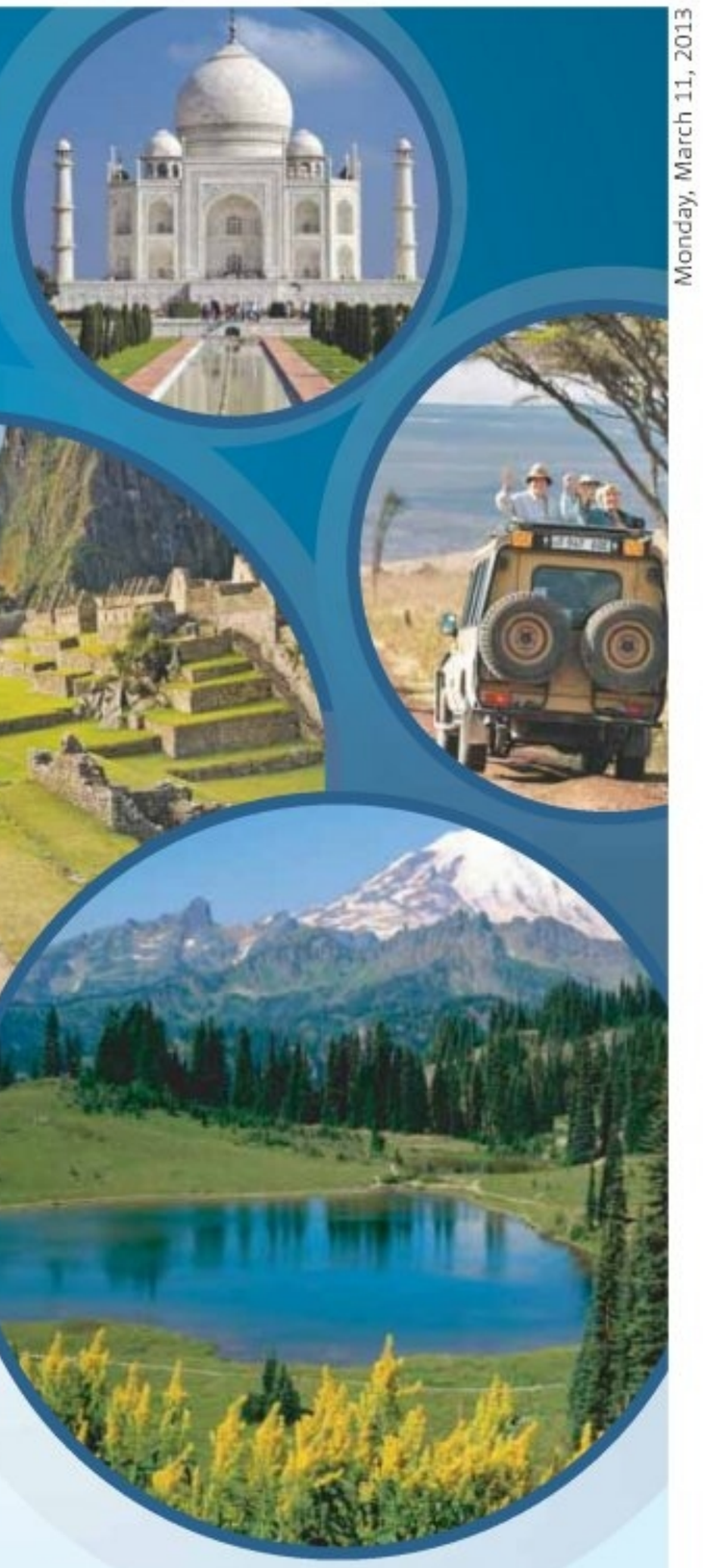
If you qualify:
- Your gum treatment will be provided to you at no charge.

Additional compensation - you will also receive up to $300 upon completion of the study.

If you are interested please call or email for more information:
617-892-8600 | clinicaltrialsinfo@forsyth.org

Grand Circle

Worldwide discovery at extraordinary value



WOULD YOU LIKE THE OPPORTUNITY TO BE PART OF THE EXCITEMENT OF THE TRAVEL INDUSTRY?

Due to our continued growth we are seeking customer-focused individuals to join Grand Circle Corporation

CUSTOMER SERVICE ASSOCIATES

Work with our Traveler Support Team in our dynamic inbound call center. You will build relationships with our travelers, converse about far away destinations, and send our travelers on the journey of a lifetime. You will assist our clients by answering their questions regarding their trips and resolving their issues via phone and email.

Passion for Travel & Prior International Travel Experience Preferred.
Prior Call Center Experience Preferred.

Grand Circle Corporation is a premier direct marketer and the world leader in international travel, adventure and discovery for Americans over 50. Headquartered in Boston, MA, we are a $500M global enterprise with 30 regional offices worldwide that employs more than 2,000 associates.

Please visit www.gct.com/careers to apply

Call center located: GCC Corporate Headquarters
347 Congress St. Boston, MA

Accessible by MBTA-Two blocks from South Station

Visit us at our booth on March 12